

MEN'S BREAKFAST WITH STATE SENATOR JAMES TIMILTY

Join us for a delicious breakfast and some socialization on Thursday, January 24th at our next Men's Breakfast when State Senator James Timilty will be our guest speaker. Senator Timilty will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either 'black or white', so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Tuesday, January 22nd. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

Monday, January 7

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Podiatrist 12:00 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, January 8

Stretch and Balance 8:30 a.m.

Coffee & Conversation with the Town Manager 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO (in lieu of 1/1/13) 2:00 p.m.

Wednesday, January 9

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video Lecture Series: History of the United States 11:30 a.m.

Kohl's 1:00 p.m.

Zumba 2:30 p.m.

Thursday, January 10

Ceramics 9:00 a.m.

Friday, January 11

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Conversational Italian 1:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center every other month on the first Monday at 12:00 noon. His next visit will be on Monday, January 7th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, January 8th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Mary Kay Grzenda of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, January 8th (in lieu of 1/1/13) and Thursday, January 17th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come to an opportunity to have "Coffee and Conversation with Our Town Manager" at the senior center in a relaxed, friendly atmosphere. Our next get-together will be on Tuesday, January 8th from 9:30 a.m. to 10:30 a.m. when Foxborough's Town Manager, Kevin Paicos will be happy to listen to your questions and help you gain a greater understanding of the issues our town faces. Please call 508-543-1252 to let us know you will be coming.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, January 15th at 12:30 p.m. when our feature presentation will be "Goya's Ghost." The lives of a great artist, a corrupted holy man, and a beautiful woman cross paths at a crucial moment in history in this epic-scale historical drama from director Milos Forman. Near the end of the 18th century, Francisco Goya (Stellan Skarsgård) is a gifted but controversial artist whose provocative and often satirical work has earned the enmity of the Spanish government as well as the Catholic Church, who hold tremendous power as the Inquisition rages. Surprisingly, Brother Lorenzo (Javier Bardem), a monk involved in the Inquisition, has hired Goya to paint a portrait of himself, and to prove to the Inquisitor General (Michel Lonsdale) he's not in cahoots with the renegade artist, Lorenzo targets Inés (Natalie Portman), one of Goya's favorite models, as a possible heretic. Under torture from Lorenzo, Inés signs a false confession, and her wealthy and powerful father, Tomás Bilbatúa (José Luis Gómez), offers Lorenzo a taste of his own medicine by brow-beating him into signing a document confessing that his mother was an ape. Lorenzo flees Spain as his reputation lies in tatters, and Goya earns greater infamy as he paints a wildly unflattering portrait of Queen María Luisa (Blanca Portillo) under commission from her husband, King Carlos IV (Randy Quaid), but Inés remains in prison thanks to her coerced confession. Fifteen years later, Lorenzo has become a follower of the Enlightenment, and returns to Spain as Napoleon's forces storm the nation and the Inquisition finally collapses; Lorenzo attempts to liberate Inés from prison, but a shocking discovery awaits him. Please call 508-543-1252 to sign-up.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually

held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on January 16th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on January 17th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

BINGO!-JANUARY 8TH (in lieu of 1/1/13)

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, January 8th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History Of The United States" on Wednesdays at the senior center beginning January 9th through May 8th from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

January 9 Kohl's at Mansfield

January 16 Wal-Mart

January 23 Target

WINTER WEATHER INFORMATION AND RESOURCES

YOU MAY QUALIFY FOR HELP PAYING FOR HEAT THIS WINTER

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with winter heating costs. Renters may qualify even if heat is included in their rent. The maximum annual household income to qualify is \$31,271 for a single person, \$40,893 for 2 people, \$50,515 for a 3 person household, \$60,137 for 4 person household and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you're out in the cold! Fill out an application at the Council on Aging & Human Services. Just call 508-543-1252 to make an appointment. The Fuel Assistance program is administered by Self Help Inc. which can be reached at 508-588-5440.

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the FOXBORO JAYCEES to help senior citizens

needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER INCLEMENT WEATHER POLICY

Please note that if the Foxborough Schools are cancelled due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services will remain open and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

ON-LINE RESOURCES

HEALTH RELATED WORKSHOPS AND WEBSITES

Seniors today can access a lot of information about helpful resources on the computer. The Web is full of health information, but how do you know what is good?

- Consider the source. Do I recognize this authority?
- Focus on quality. Has this information been reviewed?
- Be a skeptic. Do these claims seem too good to be true?
- Look for evidence. Does this rely on medical research, not opinion?
- Check for currency. How recent is this information?
- Beware of bias. Who pays for this site?

You can take steps toward a better, healthier lifestyle by signing up for a free, online workshop, Better Choices, Better Health at www.selfmanage.org. Based on Stanford University's widely tested Chronic Disease Self-Management program, this entirely online workshop will help you take better control of your health and your life, whatever your ongoing condition. For more information on health issues, visit www.cdc.gov (Centers for Disease Control and Prevention); www.cancer.gov (National Cancer Institute); www.healthfinder.gov; www.massmedline.com (ask medication questions to a pharmacist); www.medlineplus.gov (National Library of Medicine); www.diabetes.org; www.eatright.org; and www.mayoclinic.com.

GOVERNMENT BENEFIT WEBSITES

There are many government websites which provide benefit information for you. Go to www.mass.gov.dma for MassHealth information; www.mass.gov/eldershomepage for the Attorney General's elder web site; www.socialsecurity.gov for the Social Security Administration; www.medicare.gov for the Medicare government website; www.MyMedicare.gov to access your personal Medicare information; and www.gettingsnap.org to apply for food stamps.

COMPUTER SAFETY

Beware of online scams and security breaches. Make sure your computer has the basics when it comes to virus protections and firewalls. Do NOT open emails that don't look familiar. Protect your personal information from being stolen and change your email address if you suspect your information has been breached. To protect your financial information, pay close attention to your credit report. You can check for inaccuracies at www.annualcreditreport.com. Put your name on the "do not call" list at www.donotcall.gov. For more information about fraud, go to www.sec.gov.

OPEN COMPUTER LAB

Our computer lab is open for your use each day during regular senior center hours except when the computer classes are scheduled. We have internet capability and printers for your use as well. There is a 15¢ per page cost for printing. Use the computers to keep your mind active while having fun at the following "brain exercise" websites: www.fitbrains.com; www.happyneutron.com; www.aarp.org/games. You can call ahead to 508-543-1252 to make sure that the computers are available.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, January 7

Italian Style Spaghetti W/Meat Sauce
Italian Blend Veggies
Muffin
Peaches

Tuesday, January 8

Beef Stroganoff
Egg Noodles
Glazed Carrots
Whole Wheat Roll
Strawberry Cup

Wednesday, January 9

Meatloaf W/Onion Gravy
Whipped Potatoes
Country Blend Vegetables
Wheat Bread
Oatmeal Cookie

Thursday, January 10

Cream Of Broccoli Soup
Teriyaki Chicken
Asian Rice
Multigrain Roll
Fresh Fruit

Friday, January 11

Breaded Fish Fillet
Tartar Sauce
Lyonnais Potatoes
Zucchini & Tomato
Wheat Bread
Pudding